



Artichokes

3 Prep and cooking tips

- Rinse artichokes in cold water and use a soft cloth to brush away the residue. Trim about a $1/4$ inch off of the stem, about a $1/2$ inch off the top of the artichoke.
- To soften, artichokes can be boiled or steamed for about 20-30 minutes.
- Artichokes are ready to eat when you can easily pull a leaf from the center of the artichoke.

2 Shopping and storage

- Look for artichokes that have tightly-packed olive-green leaves and that feel heavy. You can also find canned artichoke hearts.
- In a plastic bag with small holes, sprinkle artichokes with a few drops of water and store in the refrigerator for up to 1 week.

1 Nutrition Fact:

- Artichokes are high in vitamin K and potassium. Vitamin K helps build strong contract and also helps our body maintain normal blood pressure.

Go!

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